

PREVALENCE AND RISK FACTORS OF CHRONIC RESPIRATORY DISEASES AMONG WOMEN IN THIRUVATTAR

ABSTRACT

Background: Chronic Respiratory Diseases (CRDs) are a group of chronic diseases affecting the airways and the other structures of the lungs. They form one of the leading causes of disability, morbidity and mortality worldwide. It includes Asthma, Allergic Rhinitis (AR), Chronic Obstructive Pulmonary Disease (COPD) and other chronic respiratory conditions that affect the lives of millions worldwide. It account for 4 million premature deaths globally and more than 10% of all DALYs. In India, women especially housewives who are invariably exposed to adverse domestic environmental factors are at a greater risk of developing chronic respiratory illness. Their awareness regarding domestic environmental risk factors and their adverse effect on health is poor. **Objectives:** To find out, the prevalence of Chronic Respiratory Diseases and its risk factors among women in Thiruvattar block.

Methodology: A community based cross sectional study was done among 450 women aged 18 years and above who are residing in Thiruvattar block area of Kanyakumari District during February 2017 to July 2018. Woman who were having CRDs other than COPD, asthma and allergic rhinitis and mentally challenged were excluded from the study. Multistage random sampling technique was used. A pretested validated interview schedule was used for data collection. Analysis was done using SPSS 20.0.

Result: This study was done among 437 women after a non response rate of 2.89%. The mean age of women was 50.42 and 78.3% were married, 28.4% completed their high school education and 78% were unemployed. 32% of houses were overcrowded

and 71.6% had Kitchen inside the house and in 81.5% wood was the main fuel.

Prevalence of CRDs, COPD, asthma and AR was 28.4%,10.5%, 12.1% and17.2% respectively. The factors such as smoking habit among family members, exposure to passive smoking and presence of comorbidities were significantly associated with CRDs. **Conclusion** : The prevalence of CRDs in this study was high compared to previous studies. This might be due to sociodemographic, sociocultural and environmental factors in this area. CRDs are becoming an enormous health problem in India in terms of morbidity and mortality. A comprehensive programme is needed for its control and prevention.

Keywords: Chronic Respiratory Diseases, Asthma, Allergic Rhinitis (AR), Chronic Obstructive Pulmonary Disease (COPD).